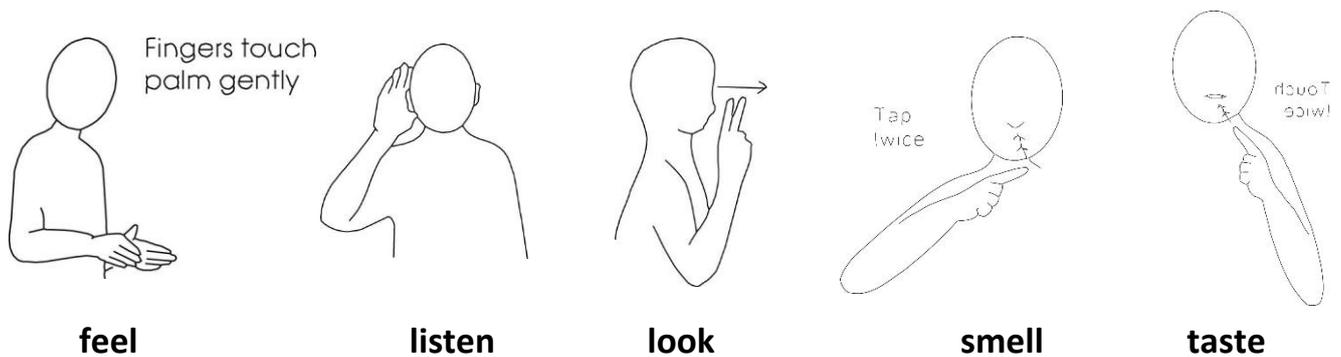


# Sensory ideas linked to the different sections of We're Going On A Bear Hunt .

These ideas will try to consider the different sensory learning elements of sight, taste, touch, sound and smell. Here are the signs for you.



**The Grass ( Green)** I will post another video next Tuesday 19<sup>th</sup> Jan with green ideas.

**To feel** - Make and explore green spaghetti using green food dye , green rice, gloopy grass (corn flour, water, grass mixed)

**To taste** – green jelly ( you can buy ready made vegetarian jelly) , green icing sugar ( ice a cake)

**To listen** – to the sound of long dried grasses being rustled if you are out and about on a walk

**To look**- Make a collection of green objects you can find from around the house.

**To smell**- smell the wet grass and smell dried green herbs

## The River ( Water)

**To feel** – Play with a water tray, a wet flannel or sponge. Make a flower or leaf soup, things you might find floating in the water. Warm and cold ( add ice)

**To taste** – water to drink or feel on your lips or clean your mouth if you are allowed to.

**To listen** – to the sound of the tap running in the kitchen or for your bath. Listen to the fizz as you open a bottle of fizzy water. Shake it up and repeat with care !! Make splashing sounds. Search “sounds of the river” on you tube.

**To look**- Make a sensory water bottle .Add colour to the water . Make it turn blue buy adding food dye or blue bubble bath or washing up liquid. Squish some blueberries to turn the water blue. Try adding some oil and glitter. Do the lid up tight !!!!

**To smell-** add smells to the water i.e bubble bath or lavender oil if you are allowed to or smell your special bath oil for your skin before you add it.

## The Mud ( Chocolate)

**To feel** – Play with a tray of coco powder, flour and water or make some home made play dough ( I will attach the recipe ) or feel the ingredients to make rocky road cake  
<https://www.bbcgoodfood.com/recipes/easy-rocky-road>

**To taste** – Coco and flour mixture is fine to taste if you are allowed. Make a chocolate mug cake in the microwave <https://www.bbcgoodfood.com/recipes/microwave-mug-cake>.

**To listen** – to the sound of you or other children or adults squelching in the mud. Play about with some squelchy sounds together.

**To look-** muddy puddles , watch pretend muddy water running and dripping ( coco mud with water )

**To smell-** smell some real mud from the garden or in the park.

## The Forest ( Plants)

**To feel** – collect leaves, pine cones and twigs to feel . You can paint and print with them. You can press them into rolled out play dough or paint them with your hands , a sponge , a cloth and press onto paper. Make a leaf collage.

**To taste** – This one has got me !!! Any ideas ?

**To listen** – Do a search for “forest sounds” on you tube . Listen to the sounds if you go for a walk in the trees.

**To look-** hide teddy bears in the woods or round the house to look for. Hide teddy bear under some fabric and see if you can pull it off to see the teddy. Look at all the things you have collected . Look at the evergreen trees and plants that are about when you are out on a walk . Gather all your house plants together to explore. If you have a laminator at home you can laminate leaves to look at, make a book mark or a table mat.

**To smell-** Spray dry leaves etc that you have collected and smell the natural woodland smells. Encourage to use the sense of smell if you go into the woods, garden or a park with trees. Touch your nose , their nose . Do an exaggerated sniff !!

## The Snow ( Cold and Ice)

**To feel** – the concept of cold you can use ice cubes, crushed ice, defrost the freezer and collect some ice, ice packs, first aid frozen pads. Freeze a motivational toy in a ice cube ( use a plastic tub ) and then explore it as it melts to get the toy. Different textures of white materials you can find cotton wool etc. **If you buy fake snow check it is not toxic.** Mark make in a tray of salt.

**To taste** – The feel of the cold on your lips , a drink with ice in it, slush puppy type drink.

**To listen** – experiment with crunching sounds, search for the sounds of a blizzard / snow storm on you tube.

**To look-** at white materials you can find around the house like cotton wool , shredded paper , white sheet or towel. Play peek a boo under the white sheet together. Do some intensive interaction under the white sheet together. Make a salt and glitter picture. If you don't mind a mess as a family play a game using a sheet as a parachute – experiment with

pulling the sheet tight and dropping cotton wool or shredded paper onto the sheet . Make the sheet go up and down , fast and slow , go really fast and make all the stuff fly off the sheet. Ask if you want more? Repeat as many times as you happy to keep picking the stuff up !!

**To smell-** This one beat me !!

**You will also need 3 more simple signs when engaging in any of these activities : Stop , More and finished.**



**Stop**



**More**



**Finished**

**I hope this helps support you at home with ideas around the house and local environment.**

**This is plenty for a whole half term as you need to pick what is right for you and your child along with what you can manage in your home setting.**

**If you wish to explore the other books please do so. You can probably link most or some of these sensory ideas to the other books too.**

**Also if you come up with other good ideas that work for you at home please email me and I will share them with the other parents.**

**All the best**

**Sarah Paterson.**